



Tools For Action

A sample of physical education initiatives in Wisconsin

Kick start elementary students' fitness with minimal equipment

Contact Information

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Program Information

Program Name
kick start elementary students' fitness with minimal equipment
Program Category
Use of technology
Grade Level
Elementary School (K-2); Elementary School (3-5); Middle School (6-8)
Assessment Method
Fitness indicator (test scores, miles walked); Impact on behavior (increase in active minutes or miles walked); Impact on knowledge and or attitudes (test scores)

Program Information

Products Developed or Materials Used:

Program Description:

The use of pedometers and student portfolios of keeping track of steps has been successful among 5th and 6th grade students.

A Wisconsin Physical Education Program

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at:

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